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La Porte PD schedules educational, self-defense program for women

By: Y.C. OROZCO

During the month of March the La Porte Police Department will hold a Rape Aggression Defense (RAD) training course at its facility at 3001 North 23rd.

The RAD System teaches self-defense tactics and techniques through a comprehensive course that begins with awareness, prevention, risk reduction, and avoidance. The program progresses toward actual hands-on defense training.

The department emphasizes that the RAD is not a martial arts program or associated with any form of martial arts. Taught by the department's certified instructors, the program starts with classroom-based orientation using workbooks, reference manuals for a foundation.

This initial phase includes the entire physical defense programs outlined for both personal reference and individual growth, according to LPPD. Those physical techniques will eventually encompass a series of hands-on exercises.

For two consecutive weeks, four, three-hour days of coursework are scheduled for March 19, 20, 26 and 27 from 6p.m.-9 p.m.

The courses are spread out due to the physical and mental intensive nature of the sessions, according to the department.

The RAD training is available only to women ages 13 and up, with participants under 18 required to attend with a female parent or guardian.

The objective of the program is to teach women defense concepts against various forms of assault by using the techniques taught during the sessions and to provide woman the information and knowledge to make decisions about resistance.

The March RAD program is open to total of 15 students, with registration on a first-come basis.

The four-day program is free and all manuals and documents will be provided to the students.

For more information on the RAD program, including registration information, please contact La Porte Officer Matt Parsons at 281-604-6687, or via email at: parsonsm@laportetx.gov.